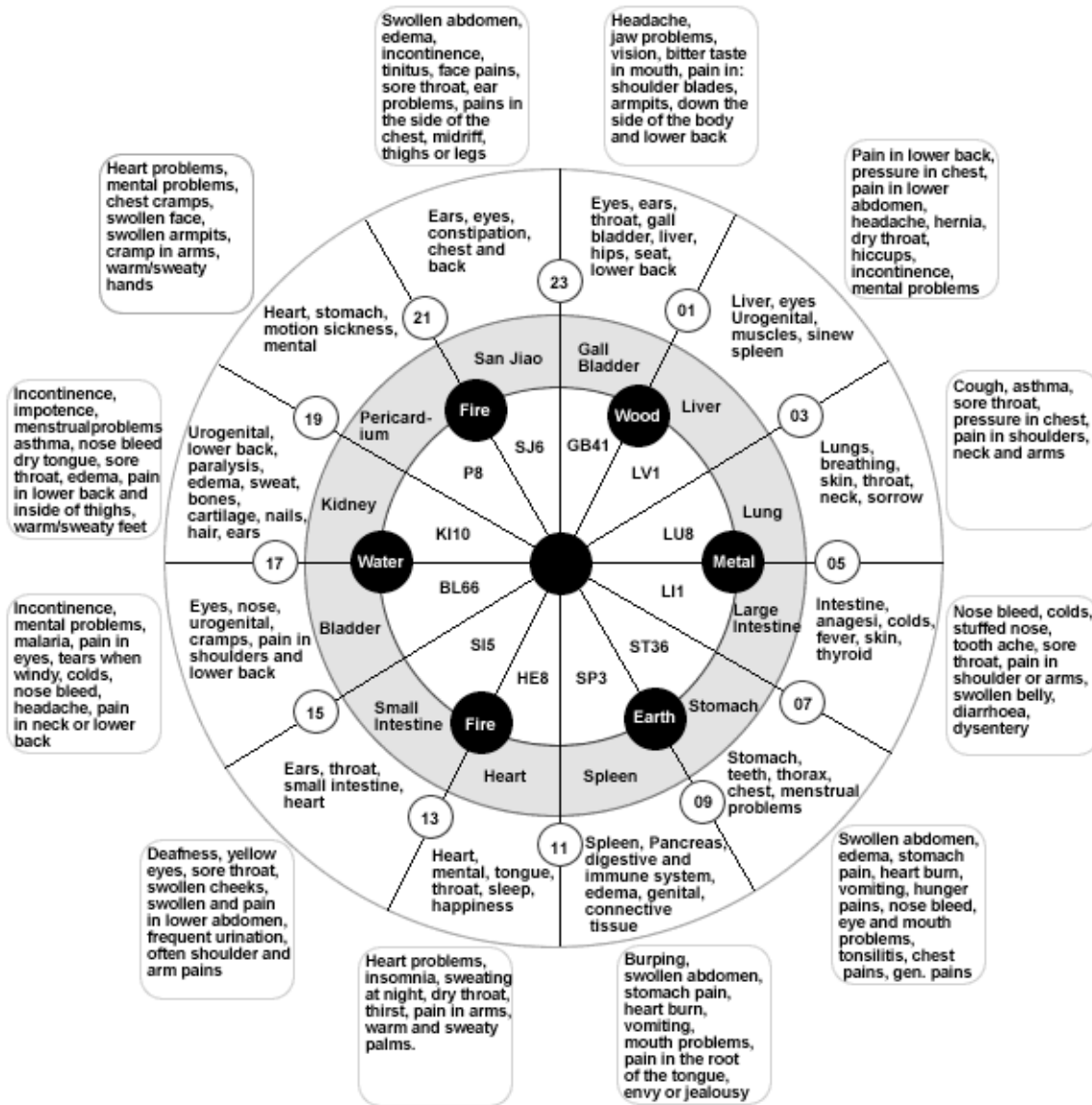


YOUR MERIDIAN ORGAN CLOCK

Time	Meridian	Function
1:00 - 3:00 am	Liver	The liver gets down to the work of apportioning the day's nutrients and detoxifying the day's toxin load. Deep resting and dreaming also occurs during this time and it is the worst time to eat, as the Small Intestine meridian is at its lowest ebb. Anger, frustration and rage reach a peak.
3:00 - 5:00 am	Lung	The respiratory tract, lungs and sinuses are cleansed and maintained. Gentle breathing occurs and sleep becomes shallower in preparation for waking. Grief and sadness may be experienced at this time.
5:00 - 7:00 am	Large Intestine	The large intestine packs the stool for excretion ideally at 7 am so it is important to allow time for elimination in the early morning. Drinking water and avoiding caffeine during this time helps promote defecation. Guilt and defensiveness may occur at this time.
7:00 - 9:00 am	Stomach	The peak time of the day for digestion. TCM advocates suggest having the main meal including protein at breakfast. The emotions of disgust and despair may be experienced at this time.
9:00 - 11:00 am	Spleen	The most important digestive organ in TCM, the Spleen meridian directs the processes of digestion, transforming foods into Chi and blood. The Spleen also governs the immune system and allergies may be most pronounced at this time. This time window is good for thinking and working, although jealousy, worry and low self-esteem may also be experienced.
11:00 am - 1:00 pm	Heart	Palpitations may be noticed during this time and the majority of heart attacks are said to occur during the late morning. This is not a time to place the heart under additional stress by exercising or being exposed to excessive heat. A good time for meeting, talking and eating, although joy and sadness may also occur.
1:00 - 3:00 pm	Small Intestine	The small intestine is busy digesting lunch and this may be the time when symptoms such as indigestion, abdominal pain and bloating most occur. This time window is good for sorting and organizing, although insecurity, vulnerability and abandonment may also be experienced.
3:00 - 5:00 pm	Bladder	The Bladder meridian is associated with the skin and skin irritations and eczema may be noticed during this time. Many people may feel tired and want a nap mid-afternoon and a salty snack such as a bowl of Miso soup is said to strengthen the Bladder meridian. Good for storing and reserving, although this time may be associated with timidity.
5:00 - 7:00 pm	Kidney	Tiredness may carry over from Bladder time if the adrenals are depleted (also governed by the Kidney meridian). However, if the adrenals are strong, there may be a second wind of energy. Good for driving and consolidating, although fear and terror may reach a peak.
7:00 - 9:00 pm	Circulation-Sex	This meridian governs the master glands and reproductive organs. If depleted, low back pain may result arising from the kidneys. Good for socializing, flirting and sex. Negative aspects include being unresponsive and unable to express emotions, feeling hurt, or extremes of joy.
9:00 - 11:00 pm	Triple Warmer	The Triple Warmer meridian governs the endocrine system and the blood vessels. Headaches or feeling tired and weak during this time may indicate significant arterial repair taking place. Good for relaxing, although may be associated with feelings of hopelessness, confusion, and paranoia.
11:00 pm - 1:00 am	Gall Bladder	This meridian is associated with regeneration and sleep, which is why we are told that the hours before midnight are important! If restless during this time, this indicates that the gallbladder and liver are overwhelmed and the toxins remaining in circulation are acting as an irritant to the brain. Emotions associated with this time window include bitterness and resentment.

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<http://www.reiki.nu/treatment/healing/organclock/organclock.html>

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